

MONTGOMERY COUNTY DEPARTMENT OF RECREATION - AQUATICS TEAM

# **GERMANTOWN INDOOR SWIM CENTER**

AT SOUTH GERMANTOWN RECREATIONAL PARK

18000 Central Park Circle, Boyds, MD 20841 • 240-777-6830

# LAP LANE AVAILABILITY

SEPTEMBER 4, 2007 - NOVEMBER 15, 2007 & FEBRUARY 24, 2008 - JUNE 13, 2008

A.M.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	А.М.
6:00 – –		7 RECREA			6:00			
7:00 - -		7 RECREA			_ _ 7:00 _			
8:00 <b>-</b>		7 F	3 RECREATION 1 COMPETITION		8:00			
9:00 <u>-</u>	-	5 C		3 RECREATION 5 COMPETITION	_ _ 9:00			
10:00 - -	3 RECREATION 9 COMPETITION	7 RECREATION 5 COMPETITION	3 RECREATION 5 COMPETITION	7 RECREATION 5 COMPETITION				_ 10:00
11:00 - -		3 RECREATION 9 COMPETITION	3 RECREATION 6 COMPETITION	3 RECREATION 5 COMPETITION	3 RECREATION 9 COMPETITION			_ _ 11:00 _
12:00 NOON			3 RECREATION 9 COMPETITION	3 RECREATION 9 COMPETITION	O SOMI ETHION			_ 12:00 _ NOON
1:00 -								1:00
2:00 -	- - - -	3 RECREA		4 RECREATION 5 COMPETITION	_ _ _ 2:00 _			
3:00 - -		7 RECREA	4 RECREATION 5 COMPETITION		- - 3:00			
4:00 - -	2 RECREATION 1 COMPETITION	1 RECREATION 2 COMPETITION	2 RECREATION 1 COMPETITION	1 RECREATION 2 COMPETITION	1 RECREATION 2 COMPETITION			_ _ 4:00
5:00 -		2 RECREATION 1 COMPETITION					4 RECREATION 5 COMPETITION	_ _ 5:00 _
6:00 <del>-</del>		1 RECREATION 2 COMPETITION		3 RECREATION 1 COMPETITION		4 RECREATION 5 COMPETITION		 6:00
7:00 -								_ _ 7:00 _
8:00 - -	4 RECREATION 2 COMPETITION	3 RECREATION 3 COMPETITION	3 RECREATION 5 COMPETITION	3 RECREATION 3 COMPETITION	4 RECREATION 5 COMPETITION			_ _ 8:00 _
9:00 - -		7 RECREATION 3 COMPETITION		7 RECREATION 5 COMPETITION				- - 9:00 -
10:00	no achadula massiris	ahammad ta aaa	odate special events	au halidau				10:00

This Lap Lane schedule may be changed to accommodate special events or holiday activities. Check posted notices in the lobby.

Shaded areas indicate NO
Lap Lanes Available



# **DEEP WATER RUNNING/EXERCISE AREA SCHEDULE**

MONTGOMERY COUNTY DEPARTMENT OF RECREATION

# Germantown Indoor Swim Center

18000 Central Park Circle, Boyds MD 20841 (240) 777-6830

ļ ļ	RECREATION	ON POC	L	COMPETITION POOL		
WATER WALKING AND EXERCISE LANE LANE 1	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7	LANE 10  LANE 1  LANE 1  Special Notes:  ► This schedule represents the minimum time allotted for this activity.  ► When performing deep water running in the lane, move in a circular fashion, do not move down the lane 2 or more abreast.

<sup>\*</sup> Not available during high school season (Nov. 15, 2007 - Feb. 23, 2008)

### ▶ This Deep Water Running schedule may change to accommodate special events or holiday activities. Check posted notices in lobby.

## **SUMMARY SCHEDULE**

### COMPETITION POOL

#### 1 DEEP WATER RUNNING AVAILABILITY

Fri: 6:00 a.m. - 9:30 a.m.

F: 9:30 a.m. - 10:30 a.m.

2:00 p.m. - 3:30 p.m.\*

10:30 a.m. - 2:00 p.m. lay:

11:30 a.m. - 2:00 p.m. nesday:

& Thurs: 10:30 a.m. - 3:30 p.m.

10:30 a.m. - 1:00 p.m.

Thurs: 7:30 p.m. - 8:30 p.m.

& Thurs: 8:30 p.m. - 10:00 p.m.

7:30 p.m. - 9:00 p.m.

2:00 p.m. - 4:00 p.m. day:

5:00 p.m. - 7:00 p.m.

1:00 p.m. - 3:00 p.m. ay:

4:00 p.m. - 6:00 p.m.

### 10 DEEP WATER RUNNING AVAILABILITY

& Thurs: 9:30 a.m. - 10:30 a.m.

## **RECREATION POOL**

#### ATER WALKING AND EXERCISE LANE

Fri: 6:00 a.m. - 9:30 a.m.

F: 10:30 a.m. - 2:30 p.m.

& Fri: 7:30 p.m. - 8:30 p.m.

& Thurs: 9:30 a.m. - 10:30 a.m.

11:30 a.m. - 2:30 p.m.

8:30 p.m. - 10:00 p.m.